

You Can! Celebration Criteria

You Can! Celebration contest entries were reviewed using the following criteria:

1. Innovative programming in one of the five award categories.
2. Leveraging funding and staff including effective use of partnerships.
3. Activities that are celebratory, illustrating that it can be enjoyable to practice new nutrition and physical activity behaviors.
4. Activities that include older participants making a pledge, setting participant goals, and tracking progress.
5. Presents evidence of improvements in nutrition and/or physical activity behaviors among participants.
6. Activities that target specific target audiences—
 - a. socially and/or economically disadvantaged individuals or new immigrants;
 - b. Target audiences from healthy to frail;
 - c. Meet challenges such as functional impairment; and/or
 - d. Intergenerational reach.

You Can! Celebration award recipients were selected in these categories:

1. Best overall integration of physical activity and nutrition education
2. Most innovative physical activity entry
3. Most innovative nutrition education entry
4. Most collaborative effort
5. Most innovative way to increase walking